

August Senior Center Gazette 2004



Friday, August 13

Join in the Fun!

Luau & Birthday Party

Luau Lunch at 12 Noon

Roast Pig & Hawaiian Pork

Hawaiian Fish with Cilantro, Sesame

Oil, Raisins, & Lemon Peel

Rice Pilaf with

Macadamia Nuts & Pineapple

Pineapple Haupia

\$5,\$6 & \$7

1:30 p.m. Birthday Party

Entertainment by

Na Mamo O Ke Anuenue

A Kamakani

Hawaiian & Tahitian Dancing

Join in the festivities of our August Luau & Birthday Party. A special Luau lunch will be served at 12 Noon. And, even if August is not your birthday month, come to enjoy the music, dancing, and fun at 1:30 p.m. Birthday cake, ice cream, and coffee will be served in the dining room. Prizes will be awarded in a drawing of the names of seniors present who have birthdays in August. Prizes have been donated by Kathy's Floral Design in the Walnut Plaza, Atria's Retirement Inn, Cookies by Design, Rose's Mortuary, and the Builder's Fund, which also provides the entertainment.

August Speakers

Tuesday, August 10, 1 pm

Dr. John Michaels

"Back to Health"

Tuesday, August 24, 1pm

Dagmar Sandoval

Aging & Family Services

Medicare Drug Cards

Builders Fund General Meeting

Monday, August 23, 10:30 am

COMMUNITY SERVICES

SENIOR SERVICES.....	574-2050
Coordination of services for homebound seniors	
Companions for Life (Medical Alert Program)	
Local van group trips for shut-ins.....	574-2082
Tri-City Elder Coalition.....	574-2064
LIFE ELDERCARE.....	574-2090
Caregivers Support.....	574-2035
Home Services Registry.....	574-2095
Meals on Wheels.....	574-2092
Friendly Visitor Program.....	574-2097
TRANSPORTATION ASSISTANCE	
AC Transit Information*.....	511
City of Fremont Paratransit Program.....	574-2053
East Bay Paratransit Program.....	1-800-555-8085
HOUSING ASSISTANCE(OFFICE OF NEIGHBORHOODS).....	494-4500
LEGAL ASSISTANCE FOR SENIORS.....	1-800-393-0363
SOCIAL SECURITY.....	1-800-SSA-1213
MEDICARE.....	1-800-952-8627
MEDICARE & INSURANCE COUNSELING(HICAP).....	839-0393
TRI-CITY HEALTH CLINIC.....	713-6685
SENIOR LIBRARY SERVICES.....	745-1499 or 745-1491
SENIOR PEER COUNSELING.....	574-2063
ALZHEIMER ASSOCIATION HOTLINE.....	1-800-660-1993

*511 is a new toll-free voice activated phone service. Call 511 for information on AC Transit BART, road conditions and trip planning.

VOLUNTEERS NEEDED! WE NEED GOOD PEOPLE LIKE YOU

Make a difference in the lives of frail seniors and persons with disabilities by volunteering your time to accompany them in necessary travel around the Tri-City area using Paratransit. Escorts ride free. For detailed information, contact Liz Jardin, LIFE ElderCare, Inc. at 510-574-2073 or e-mail ljardin@ci.fremont.ca.us

Duties: Escort individual on local Paratransit services for doctor's appointments, shopping, errands, etc. Assist person with walking or pushing their wheelchair, assist with shopping and/or carrying packages, provide directional assistance and sense of safety for individuals with various mobility limitations. Orientation is provided. Volunteers do not to use their own vehicles for transportation. The purpose of this program is to help individuals be more independent by becoming more acclimated with paratransit services.

- ✓ Volunteer as a travel escort
- ✓ Spread the word about this program to other individuals who may want to help.
- ✓ Enlist the help of volunteers fluent in languages other than English as we have some individuals in need who are non-English speaking or have limited English skills.

SUMMER SUPPER SHOW BARBECUE AND SADDLERACK COUNTRY DANCING NIGHT WITH RITA ARCHER

The second Fremont Senior Center Summer Supper Show will be a grand country barbecue by the renown Chef Riley on Thursday, August 26, 6 p.m. Everyone wants to learn Western Dancing from Rita Archer, The Saddleracks' Head of Dancing Instruction and D.J. Music. Don't be shy! Rita is terrific with newcomers and old timers. Put on your country wear and prepare for a night of fabulous food and great dancing.

Chef Riley's and crew will be serving barbecued ribs, chicken, and tri-tip, corn on the cob, potato salad, barbecue beans, and strawberry shortcake for dessert. "You haven't had barbecue until you have had Riley's!"

Tickets are available at the Fremont Senior Center. Members are \$20 per person, non-member Seniors are \$22 per person, and "youngsters" under 55 are \$25 per person. Join in the fun at the Fremont Senior Center, 40086 Paseo Padre Parkway, Fremont. For tickets or information call (510) 790-6600.



The City of Fremont does not discriminate on the basis of disability. Reasonable auxiliary aids are provided upon request to persons with disabilities to afford equal opportunity to services, programs, and activities. Inquiries may be forwarded to the Director of the Human Services Department, P.O. Box 5006, Fremont, CA 94537, (510) 574-2051 or (510) 574-2040.